

## Gym-Shy? Try the TPOP Solution

If the "big" gym scene doesn't appeal to you and you prefer to work out in private, then TPOP Fitness has just the solution.

Tammy Lynn Popchock, an ACE (American Council on Exercise) Certified Personal Trainer and certified in CPR, recently opened TPOP Fitness in White Lake. They specialize in fitness training, Fibromyalgia, and lower back pain, both in the privacy of one's home or at their clean, friendly studio.

"Our philosophy," Tammy says, "is to work with clients on their individual challenges and goals, no matter what their level of fitness. Although most clients tell us they want to lose weight, their complaints include things like being out of breath after climbing stairs, sore backs from carrying excess body weight, the inability to lift groceries due to weakness, etc. We listen to these frustrations, and encourage the clients to concentrate on more immediate goals such as functioning on a daily basis without the aches and pains."

"In the end, if clients commit to change and dedicate themselves, the weight loss will follow, with more lasting results," she adds. "Unlike fad diets, crazy exercise contraptions, or miracle pills, TPOP Fitness can help you shape the way to your new fitness adventure for life."

Tammy is also trained in the latest trend of Yamuna™ Body Rolling, a fun and unique way of massaging and stretching muscles, relieving stress, and conditioning the core.

For a free initial consultation, call TPOP Fitness at 800-569-4227 or email [info@tpopfitness.com](mailto:info@tpopfitness.com). For more info visit: [tpopfitness.com](http://tpopfitness.com).

